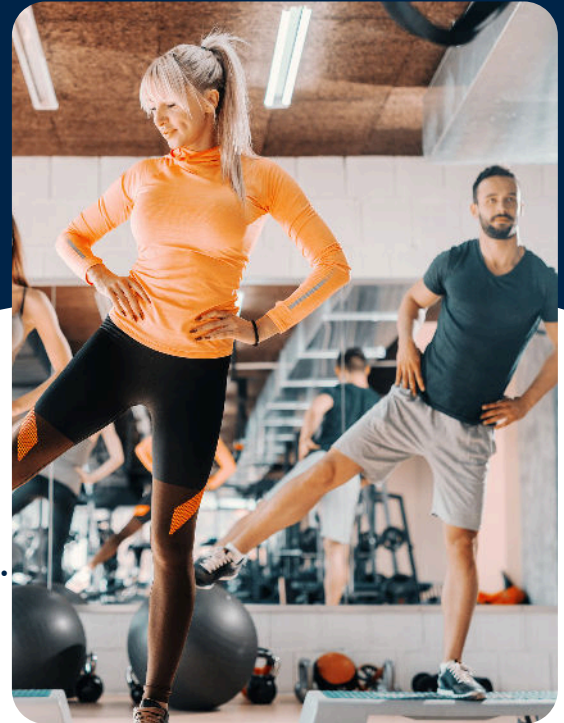


# Experience February's Live Events



Kickstart your February with heartfelt motivation! Join us for inspiring sessions that boost fitness, self-love, and strong relationships. It's time to focus on you and make this month your best yet!



**February 6**

@12:00 PM ET

[REGISTER](#)

## Fueling Motivation Through Passion: Igniting Your Drive with Hobbies

Discover how tapping into your hobbies and creative interests can spark motivation, enrich your wellness journey, and lead to deeper personal fulfillment. Whether you're reconnecting with old passions or exploring new ones, we'll help you harness creativity!



**February 19**

@12:00 PM ET

[REGISTER](#)

## Love Your Heart: A Holistic Approach to Cardiovascular Wellness

Take a holistic approach to heart health, combining physical, emotional, and mental wellness. Discover how lifestyle choices support cardiovascular health and create a personalized plan that works for you!



**February 27**

@12:00 PM ET

[REGISTER](#)

## Nurturing Self-Love and Healthy Relationships

Discover how cultivating self-love and fostering healthy relationships can transform your emotional wellbeing and fuel your motivation. We'll explore the powerful connection between how you feel emotionally and how that affects your drive to pursue your goals.

